

Tuesday, May 17, 2005

Food security specialist to chair national committee

An Indiana State Department of Health Food Security Specialist has been appointed as the first chairman of a newly created national committee.

Travis Goodman, who serves as the ISDH Food Defense Program Coordinator in Indiana's South Region, has been named to head the Food Security Committee of the Association of Food and Drug Officials (AFDO).

AFDO is an international non-profit organization that has been a recognized voice in determining the rules and shape of the regulatory playing field of the future. The organization has been in existence for more than 100 years.

Goodman says he was first approached last year by the president of AFDO about serving as chairman of the new committee after

giving a presentation on innovative food security initiatives.

"This appointment is very rewarding," says Goodman. "AFDO has been a good organization to work with on issues related to food defense."

Goodman says he was told that he would be an excellent choice as the first chairman because Indiana is leading the nation in the area of food defense. That opinion is shared by Scott Gilliam, ISDH Food Protection Division Director.

"It says that Indiana has been very 'proactive' with this effort," said Gilliam. "Indiana is one of only a handful of states that has dedicated any full-time staff to this



Photo by Daniel Axler

Travis Goodman, Food Protection, has been named the head of the Food Security Committee of the Association of Food and Drug Officials.

endeavor. It is not that Indiana's food and agricultural industry is any more critical than other states, but we would rather help protect what we have and not be 'reactive' down the road if a problem would arise."

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New interactive food pyramid announced

The United States Department of Agriculture (USDA) unveiled the MyPyramid interactive food guidance system and symbol April 19 in Washington.

According to a USDA news release, the new pyramid incorporates recommendations from the 2005 dietary guidelines for Americans, which was released by the USDA and U.S. Department of Health and Human Services in January.

The dietary guidelines for Americans provide advice for people two



years of age and older about how proper dietary habits can promote health and reduce the risk of major chronic diseases. MyPyramid was developed to carry the messages

of the dietary guidelines and to make Americans aware of the vital health benefits of simple and modest improvements in nutrition, physical activity, and lifestyle behavior.

The MyPyramid symbol represents the recommended proportion of foods from each food group and focuses on the importance of making smart food choices in every food group, every day.

Physical activity is a new element in the symbol.

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Forensic labs construction progressing

Construction is well underway for the State of Indiana Forensic and Health Sciences Laboratories in Indianapolis. Ground was broken on June 3, 2004, and the move-in day is expected in early 2007.

The approximately 187,000-square-foot facility will house the Indiana State Department of Health laboratories, the Indiana State Police Forensic Laboratory, and the Indiana State Department of Toxicology.



Above (l to r): Don Jerabeck, Ratio Architects; Lance Rhodes, Senior Director of Finance and Operations Services; Sue Uhl, Deputy State Health Commissioner; Bill White, Operational Services; and Bob Wilson, State Office Building Commission, visit the site of the new State of Indiana Forensic and Health Services Laboratories.



Left: A view of the northwest corner of the Indiana State Department of Health wing.

Below: The Indiana State Police wing of the new lab is seen in the distance, and the ISDH wing is to the right. The building will have controlled access, training labs, as well as state-of-the-art lab equipment.

Photos by Bill White and Rick Belanger



The Indiana State Department of Health *Express* is a monthly publication for ISDH employees and stakeholders. Words in blue are links that you can access directly if you read the *Express* online.

To submit news items, call (317) 234-2817 or send information to:

ISDH *Express*, Office of Public Affairs,
2 N. Meridian St., Section 6G,
Indianapolis, IN 46204-3003.

Inquiries should be directed to:

Julie Fletcher, Editor
Telephone (317) 234-2817
Fax (317) 233-7873
jfletche@isdh.state.in.us
<http://www.statehealth.IN.gov>

Judith A. Monroe, M.D., State Health Commissioner
Sue Uhl, Deputy State Health Commissioner
TJ Lightle, Director, Office of Public Affairs

Help Ronald pick up the 'tab'

Help the Ronald McDonald House of Indiana by donating the tabs from your aluminum cans.

A home-away-from home for families of seriously ill or injured children hospitalized in the Indianapolis area, the not-for-profit recycles the tabs as a fund raiser. To date \$217,000 has been raised.

Look for collection boxes in the agency kitchen areas.

The Indiana House is one of more than 200 Ronald McDonald Houses throughout the world. Since opening in 1982, the House has served thousands of families during their child's medical crisis.

The Indiana House has 52 guest rooms, making it among the largest of all Ronald McDonald Houses worldwide.

For more information, or additional collection boxes contact Jennifer Dunlap, Office of Public Affairs, at (317) 233-7090 or jdunlap@isdh.state.in.us.



Photo by Daniel Axler

High blood pressure education spotlighted during May

"Prevent and Control High Blood Pressure: Mission Possible" is the theme of May's National High Blood Pressure Education Month.

According to the National Heart, Lung, and Blood Institute, more than one out of every three American adults currently has high blood pressure.

This includes about two out of every three Americans over age 65. At age 55, the chances of developing high blood pressure are nine out of ten.

Because it can cause damage without showing any signs or symptoms, high blood pressure is called the "silent killer," the National Heart, Lung, and Blood

Institute said in a news release.

High blood pressure is one of the most important factors leading to heart attacks, strokes, congestive heart failure, and kidney disease. It also increases your chances of dementia.

Steps to prevent and control high blood pressure:

- ♦Maintain a healthy weight
- ♦Be physically active
- ♦Follow a healthy eating plan
- ♦Reduce sodium in your diet
- ♦Drink alcohol only in moderation
- ♦Take prescribed drugs as directed

For additional information, visit www.nhlbi.nih.gov/hbp/index.html.



Food

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Goodman says the mission of the new committee is to serve as a forum for the coordination of AFDO food security initiatives, as needed, with external stakeholders.

He says one of his biggest initial challenges will be to bring all stakeholders together from the food industry, and academia, and local, state and federal government.

To help build that coordination, the new committee plans to hold monthly conference calls and will meet together as a group during the AFDO conference in June.

Goodman says another goal of the committee is to facilitate the development of an information clearinghouse on food security.

That information will include results of a survey of various initiatives that have been completed in recent years as well as planned future initiatives.

Goodman says future tasks for the committee may include establishing lines of communication for pertinent threat and intelligence information and working to establish consistent funding for food security efforts.

In the meantime, Goodman says the committee will work to help the food industry meet the deadlines established by the Government Coordinating Council and the Sector Coordinating Council, which are directing food defense efforts.

He says those goals include a vulnerability assessment and the development of a standardized format for response plans within two years.



— Andy Zirkle

ISDH Bloodborne Pathogen Exposure plan in place

Potentially, it could only take one exposure to a bloodborne pathogen to change someone's life.

And that is why the Indiana State Department of Health has a Bloodborne Pathogen Exposure Control Plan in place for its employees.

Bloodborne pathogens, as defined by the plan, include blood and/or other potentially infectious materials like amniotic fluid, saliva in dental procedures, any body fluid that is visibly contaminated with blood.

With several employees who come into contact with bloodborne pathogens



Photo by Daniel Axler

The Bloodborne Pathogen Exposure Control Plan committee is responsible for updating and overseeing the plan which addresses how to prevent, and how to react to, bloodborne pathogen exposures. Team members include (front, left to right) Julie Butwin, Epidemiology Resource Center; Tina Feaster, Microbiology Labs; Alice Inskeep, Human Resources; and Elaine Scaife, Operational Services. (back, left to right) Corey Ealy, Operational Services; John Davis, Human Resources; and Rudy Cansino, Administrative Services. Not pictured is Jeannie Thurnall, Finance; and Kathy Locke, Human Resources.

on a daily basis, the plan is in existence to provide a safe workplace and plan for response, if needed, said Julie Butwin, chief nurse consultant, Epidemiology Resource Center.

Butwin explained that someone can become exposed to a bloodborne pathogen through a needle stick, or exposure to a cut, open sore, the eyes, or the mouth.

"That is how an exposure occurs," she said. "Any employee who meets that criteria would require follow-up such as bloodwork and possible medications."

Specific employees in

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ISDH employees 'on the move'



Photo by Daniel Axler

Several Indiana State Department of Health employees are participating in the "Let's Get Moving" weekly walks that are led by State Health Commissioner Judy Monroe, M.D.; Eric Neuburger, Director, Governor's Council for Physical Fitness and Sports; and Weilin Long, Director, Community Nutrition/Obesity Prevention division. Those participating are entered into a monthly drawing to win a healthy lunch with Dr. Monroe. Dr. Monroe, pictured above center, walks with (left to right) Andrea Wilkes, Maternal and Child Health; and Janet Chorprenning, Local Liaison Office.

May is Indiana bicycle month

Governor Mitch Daniels recently proclaimed this month to be Bicycle Month in Indiana.

In recognition of this, a series of events is being organized by the Indiana Bicycle Coalition. One of these events, Bike to Work Week (May 16-22), and in particular, Bike to Work Day (May 20), is celebrated at the Indiana Government Center in Indianapolis and elsewhere around the state.

On Friday, May 20, state employees are invited to join one of eight groups that will be riding into downtown together.

Information on the group rides can be found at <http://www.bicycleindiana.org>.

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Pyramid

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State Health Commissioner Judy Monroe, M.D. said she likes the idea of a person climbing the side of the pyramid as a way to represent exercise. "This new interactive Web site may serve to educate the public about a healthy balanced diet and exercise," said Monroe. "In order to get a personalized plan, individuals enter their age, gender, and usual activity level."

Weilin Long, director of the Indiana State Department of Health's Community Nutrition/Obesity Prevention Division (see box) said that her program area is reorganizing its Five-a-Day program, which promotes five fruits and vegetables a day to include the new MyPyramid.

"The new MyPyramid increases the amount of fruits and vegetables recommended," said Long. "For the first time, the amount of fruits and vegetables recommended becomes more than any other food group."

Recognized benefits of this, she said, include help in maintaining a healthy weight, and it will help fight heart disease, high blood pressure, type 2 diabetes, stroke, and cancer.

"Within the first two weeks after the USDA announced and posted MyPyramid, 300 million kids visited the MyPyramid Web site. That is wonderful," said Long of the interest.

The MyPyramid illustrates:

◆Personalization, demonstrated by the MyPyramid Web site. To find a

personalized recommendation of the kinds and amounts of food to eat each day, go to MyPyramid.gov.

◆Gradual improvement, encouraged by the slogan, "Steps to a Healthier You." It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.

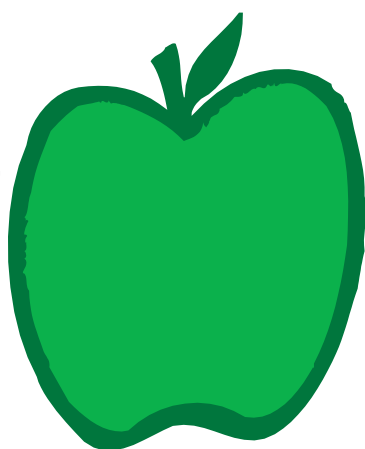
◆Physical activity, represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

◆Variety, symbolized by the six color bands representing the five food groups and oils of MyPyramid. Food from all groups is needed each day for good health.

◆Moderation, represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats, added sugars or caloric sweeteners. These should be selected more often to get the most nutrition from calories consumed.

◆Proportionality, shown by the different widths of the food group bands. The widths suggested how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check MyPyramid.gov for the amount that is right for you.

For more information on MyPyramid, visit <http://www.mypyramid.gov>.



ISDH program addressing obesity

The Community Nutrition/Obesity Prevention Division of the Indiana State Department of Health was created in August 2004, and its mission is "to increase public awareness of healthy eating and activities, to promote healthy lifestyles, and to prevent obesity and related chronic diseases."

Division Director Weilin Long and her staff of three have established program strategies and activities that they are coordinating in their efforts to fulfill their mission, including a Regional Outreach program, an extended breastfeeding program, 5-A-Day program, Childhood Obesity Program, along with a list of special projects.

Currently, the division is working with ISDH Operational Services on a project called "Healthy Vending Choices."

The project is coordinated by Bill White, Operational Services, and involves other state agencies.

The project team is working on vending machine selection criteria and an implementation plan.

ISDH employees are encouraged to voice their opinions and take the snack bar survey available on the Intranet through Friday, May 20.

Look for upcoming stories on the Community Nutrition/Obesity Prevention division's projects in future issues of *The Express*.

PLAN

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certain ISDH program areas are covered under the plan, including the clinical laboratories, the Childhood Lead Poisoning Prevention program, Oral health, the special institutions, and HIV/STD program. Those employees are trained on a regular basis on the proper proactive and reactive procedures, offered the hepatitis B vaccine, given the proper cautionary supplies such as gloves, and offered solution to clean up blood spills.

Bloodborne team members have set procedures to follow when an exposure occurs, said Butwin. Only a few exposures have occurred since the plan was mandated in 1991 by the U.S. Department of Labor, Occupational Safety and Health Administration (OSHA).

The ISDH plan covers the OSHA requirements, the Indiana Universal Precautions Rule, and the Indiana Infectious Waste Rule. It also includes requirements from

the Indiana Department of Transportation and United States Postal Service for the transporting and sending of bloodborne pathogen materials.

Besides defining potentially infectious materials, the plan covers the methods of implementing the plan.

It details universal precautions, specific engineering and work practice controls, personal protection equipment, housekeeping, the use of the hepatitis B vaccine, post-exposure incident reporting and medical evaluations, medical recordkeeping, training, and disciplinary actions for employees not observing the plan.

"This plan is important because it protects our employees," said Tina Feaster, Microbiology Labs, who serves on the plan committee along with Butwin and others. "It is important that we tweak this plan yearly to stay current with the new methods that come on line and to

remind our employees of the plan to ensure safety in the laboratories and other covered areas."

Butwin and Feaster both agree that employee health and safety issues are of utmost concern to the ISDH and to the team members who oversee the plan.

"The ISDH Exposure Control Plan employs a multi-disciplinary approach. Each team member contributes to the ISDH policies and procedures. This approach works," said Butwin.

Bloodborne Pathogen Exposure Control Plan committee members include Julie Butwin, R.N., Epidemiology Resource Center; Rudy Cansino, Operational Services; John Davis, Human Resources; Corey Ealy, Operational Services; Tina Feaster, Microbiology Labs; Alice Inskeep, Human Resources; Kathy Locke, Human Resources; Elaine Scaife, Operational Services; and Jeannie Thurnall, Finance.

BIKE

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These groups are designed for novices and require nothing more than a working bicycle and a helmet.

There will be a friendly competition among state agencies for the highest number of participants in Bike to Work Day and for the highest percentage of participants.

Indy Greenways will again set up its Pedal and Park corrals in between the north and south Government Center buildings.

This will be a safe place to park your bike throughout the day.

All Indiana State Department of Health employees are encouraged

to take part in the festivities.

Bicycling to work does not have to be a once-a-year event.



It is an enjoyable way to greatly increase the amount of activity that you get each day.

If you think that your ride is too long, consider driving half way and hopping on your bike at that point. Even parking just a few miles away can make a big difference.

For more information, contact Eric Neuburger, Governor's Council for Sports and Physical Fitness at 317-233-7671.

— Eric Neuburger

Suspicious meat sales reported

The ISDH's Food Protection Program has received several complaints about door-to-door meat sales. Reports from consumers describe a truck pulling up when someone is outside the home. The salesperson says that a customer in their neighborhood ordered meat and cannot pay for it because of a job loss or similar situation. Some of the boxes of meat may be linked to recalled meat, said Scott Gilliam, Food Protection director. He said all door-to-door operations need to be licensed by the county in which they are operating. Consumers should report suspicious meat sales to local health departments.